

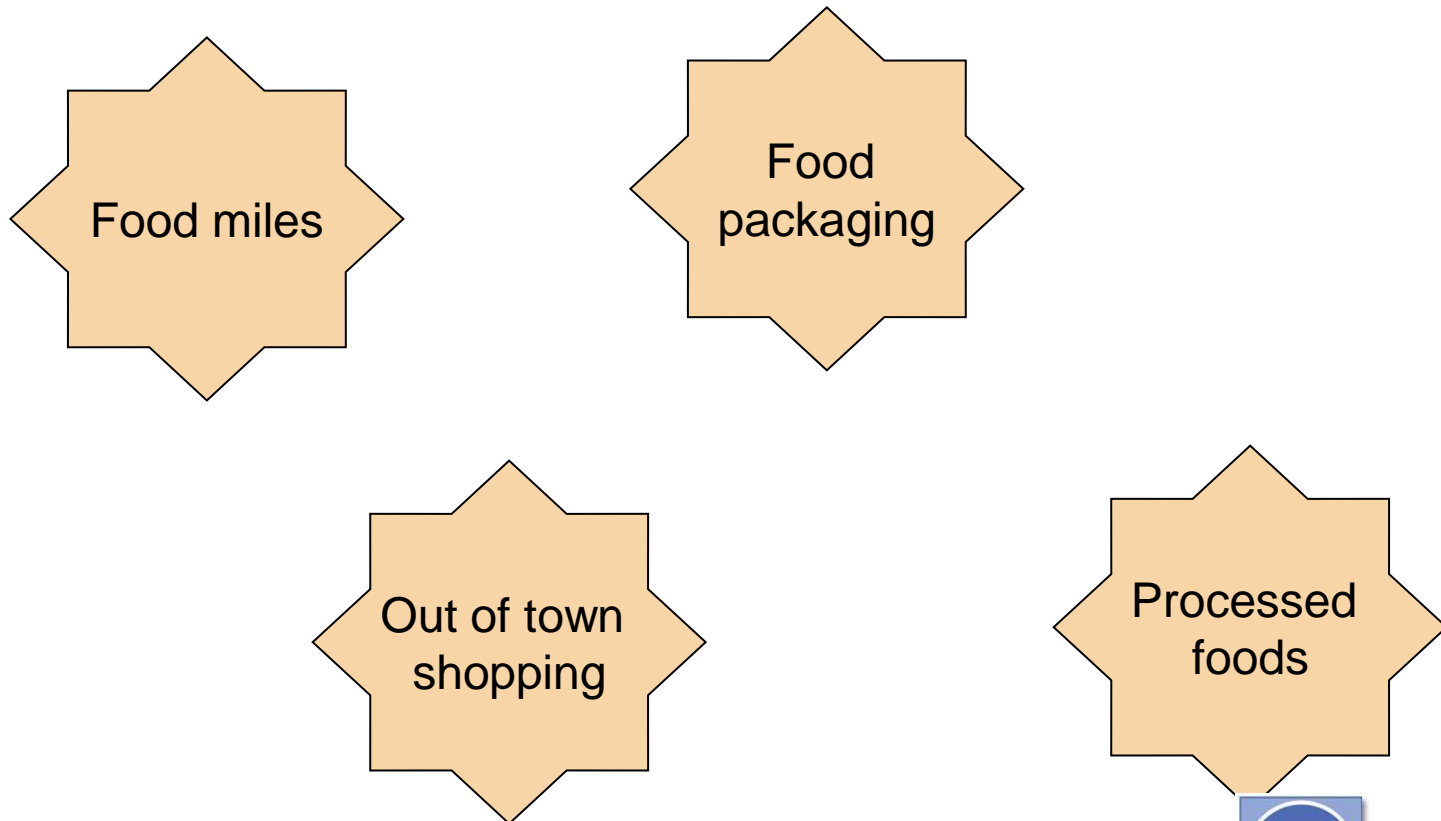
Where does our food come  
from?

What choices can we make to  
reduce carbon dioxide?



# Food choices

How does the food you eat add to climate change?



# Climate change and the food you eat

Producing, packaging and selling food causes carbon dioxide emissions

In the UK this can be up to 20% of all the carbon dioxide you are responsible for



## What is a Carbon Footprint?

It tells you the amount of carbon dioxide you are responsible for making

# How to reduce your carbon dioxide



CO<sub>2</sub>

Eat foods produced near where you live



CO<sub>2</sub>

Grow your own foods



CO<sub>2</sub>

Eat foods that are in season



CO<sub>2</sub>



Choose foods that don't have packaging



# Eat locally produced foods

Local foods don't travel far.  
There is less carbon dioxide  
from lorries and trucks



Look at the labels on the food  
you buy

Where has the food come  
from?

Try to choose foods from the  
UK or as close as possible

# Eat seasonal foods

Fruit and vegetables are nice in the winter but it is too cold for some of them to grow in the UK

They may have travelled thousands of miles from countries that are hot when we are cold



Transporting foods thousands of miles produces lots of carbon dioxide

It is your choice

Choose UK fruit that has been stored, or fruit that has travelled the shortest distance

Look for vegetables that are grown in the UK in the winter

# Grow your own foods

If you have a garden, you can grow your own foods

They are fresh, tasty and free



Growing Brussel sprouts in the Autumn

**Try it!**

Grow your own vegetables

<http://www.growinggrub.co.uk>

# Packaging

Packaging is used to protect and preserve food during its transport



Packaging such as boxes and crates are useful as they prevent fruit and vegetables from damage



Making packaging needs energy. This makes carbon dioxide

Look for foods with less packaging



Local foods need less packaging



# How to reduce packaging

Re-use plastic bags in the supermarket

Even better, use a bag for life made from natural fibres



Jute Bag made from natural fibres which are biodegradable, reusable and durable

Choose foods that have the smallest amount of packaging

# Practical Action

The charity, Practical Action is helping women in Sudan to develop their food processing skills

They can start a business and help secure their future



Groups make dried fruit and vegetables, jams, juices, sweets, cakes and biscuits

These are sold at the market to earn money



# Eastern Sudan - Lulla's story

Lulla produces foods including dried onions, garlic, juices, tomato paste and jams

She sells them in the market



This helps her pay her daughter's school fees

Lulla has bought a donkey-drawn cart for transporting her products

She now has enough food to feed her family

Lulla bought a pasta machine that she uses at home



# Resource pages

## Play the carbon footprint game

[http://www.awelamantawe.org.uk/top\\_level\\_pages/main.php?cat=9&lang=english](http://www.awelamantawe.org.uk/top_level_pages/main.php?cat=9&lang=english)

## Calculate food miles

[http://www.lifecyclesproject.ca/initiatives/food\\_miles/getting\\_data.php](http://www.lifecyclesproject.ca/initiatives/food_miles/getting_data.php)

## World food map

[http://www.rodaleinstitute.org/education/educators/worksheets/food\\_map.html](http://www.rodaleinstitute.org/education/educators/worksheets/food_map.html)

## School gardens, home gardens

<http://www.fao.org/NEWS/FOTOFILE/2001/ph0102-e.htm>

## Solar drying

[http://practicalactionconsulting.org/docs/technical\\_information\\_service/solar\\_drying.pdf](http://practicalactionconsulting.org/docs/technical_information_service/solar_drying.pdf)



**The Food Miles Report : the dangers of long-distance food transport, published by the SAFE alliance, 38 Ebury Street, London SW1W OLU**

[www.mcspotlight.org/media/reports/foodmiles.html](http://www.mcspotlight.org/media/reports/foodmiles.html)

**on seasonality :** [www.bigbarn.co.uk/inseason.asp](http://www.bigbarn.co.uk/inseason.asp)

**on relationship to climate change :** [www.sustainweb.org/chain/fm/index.shtm](http://www.sustainweb.org/chain/fm/index.shtm)

[www.localfoodworks.org](http://www.localfoodworks.org) ( a partnership between the Soil Association and the Countryside Agency) [www.soilassociation.org](http://www.soilassociation.org)

**on community gardens :** [www.eat-the-view.org.uk](http://www.eat-the-view.org.uk) , [www.nsalg.demon.co.uk](http://www.nsalg.demon.co.uk) , [www.farmgarden.org.uk](http://www.farmgarden.org.uk)

**on fair trade:** [www.fairtradefederation.com](http://www.fairtradefederation.com) , [www.fairtrade.org.uk](http://www.fairtrade.org.uk)

